

Games are a great way to engage the mind, have fun and connect with other people!

Broadband for Seniors has provided computers for BFS kiosks all around Australia and we encourage Seniors to use them BUT Seniors don't have to know how to operate computers to gain the benefits.

You may have a reluctant senior not keen to even touch the computer but they might join in a group activity. Gradually you might entice a Senior to engage with the computer, but this is not really necessary. If they are having fun engaging with others and the world wide web then they are benefitting.



Isabel enjoying 'Jigzone' for the first time via a touch screen

### Resources for Group or Individual Activities

- 😊 Make use of the large screen Dell computers that BFS kiosks were able to claim in 2014.
- 😊 The DELL touch screens are quite tactile and don't require a mouse.
- 😊 Why not project a laptop computer screen onto a large TV screen or via a projector.
- 😊 Participants can use their own computers - be shown at the kiosk and continue to play on their own or with friends.
- 😊 Individuals or organisations might own iPads or Android tablets to pass around.

### Tips and Ideas

- 😊 Gather a group of say 2 - 5 around a large screen computer (Numbers will depend on your space) with one person 'doing the driving' whilst the rest participate and contribute responses.
- 😊 With larger screens or projectors you could have a room full of Seniors engage in activities such as karaoke, trivia quizzes, word puzzles.
- 😊 Advertise game sessions at your kiosk - Play different games each week or feel free to go back to the favourites
- 😊 You could start with a tutor or staff member but then gradually find one of the participants who is willing to engage and can manage the game then the senior can lead the play and participate independently. (Initially you could

be close by for support but then as confidence grows so will their independence.)


- 😊 Seniors may gradually feel comfortable to access these games themselves or in pairs etc to play them by themselves
- 😊 ‘Favourite’ or ‘Pin’ the Games page on the shared computers so it is easy to access.




### Possible activities & resources

There are a variety of free online games and activities already existing on the Internet that many Seniors enjoy - We try to share these on our wikispace website - See [http://bfsv.wikispaces.com/active\\_minds](http://bfsv.wikispaces.com/active_minds) If you come across games that are fun to keep our Senior brains active then do let us know so we can share them.

These games are not managed by Broadband for Seniors but available to all on the world wide web. So at times the links may fail. Please let us know if this is the case on the Broadband for Seniors Helpline 1300 795 897



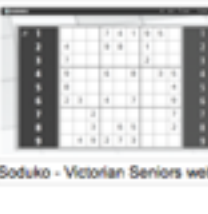






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**STAYING CONNECTED** 

◇ active\_minds

### Brain challenges

These link to excellent brain challenging games online to keep the old grey matter ticking - Use it or lose it!!!  
**IMPORTANT:** Just be aware that playing them will use up part of your internet allowance (that's those megabytes).  
If you are on a prepaid internet plan, or one with low monthly allowance, then it will be a good idea to keep track of how much is being used.

 <p>Scrabble</p>	 <p>Google Earth</p>	 <p>Sudoku - Victorian Seniors website</p>
 <p>Crosswords - Victorian Seniors site</p>	 <p>JigZone</p>	 <p>TRIVIA QUIZ TEST YOUR KNOWLEDGE</p>
		 <p>Code Cracker</p>